

GREAT MOMENTS, GREAT THOUGHTS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MONDAY	 Meat ravioli Mushroom cream Garlic bread Capresse tomato Salad bar Fruit of the day Natural fruit juice or water 	 Chicken fricasse Cuchuco White rice Manioc croquette Florentine salad Salad bar Fruit of the day Natural fruit juice or water 	 Powdered meat Bean casserole White rice Arepa, platain slice Avocado Salad bar Fruit of the day Natural fruit juice or water 	 Chicken chips Carrot cream White rice Criolla potato Apple salad Salad bar Fruit of the day Natural fruit juice or water 	 Hungarian-style Goulash Platain soup White rice Potato strips Pickled vegetables Salad bar Fruit of the day Natural fruit juice or water
TUESDAY	 Stroganoff Oatmeal soup White rice Caramelised banana Mixed vegetables Salad bar Fruit of the day Natural fruit juice or water 	 Fish fingers Spinach cream Rice with Parsley Platain chips Stir-fried vegetables Salad bar Fruit of the day Natural fruit juice or water 	 Chicken in traditional sauce Rice soup Potato with hogao Cream broccoli Salad bar Fruit of the day Natural fruit juice or water 	 Fried fish a l'orly Traditional soup White rice Platain slice Lentils in traditional sauce Salad bar Fruit of the day Natural fruit juice or water 	
WEDNESDAY	 Fried fish Grilled meat Onion soup Coleslaw salad Salad bar Fruit of the day Natural fruit juice or water 	 Meat crepes French soup Arracacha chips Mediterranean salad Salad bar Fruit of the day Natural fruit juice or water 	 Potato chicken pie "Angel hair" consommé White rice Manioc croquette Stir-fried vegetables Salad bar Fruit of the day Natural fruit juice or water 	 Cordon bleu Tomato soup White rice Potato salad Mixed vegetables Salad bar Fruit of the day Natural fruit juice or water 	
THURSDAY	 Rice with chicken Noodle soup Chip potato Avocado salad Salad bar Fruit of the day Natural fruit juice or water 	 Grilled beef fajitas Traditional soup White rice Salted potato Chickpeas Madrilenian style Salad bar Fruit of the day Natural fruit juice or water 	 Fried fish Sancochito White rice Platain with hogao Mixed vegetables Salad bar Fruit of the day Natural fruit juice or water 	 Baked chicken leg Ajiaco White rice Corn/ Arepa Avocado slice Salad bar Fruit of the day Natural fruit juice or water 	
FRIDAY	 Mixed parrillada Argentinian chicken soup Sour cream potato Grilled vegetables from Argentina Salad bar Fruit of the day Natural fruit juice or water 	 Breaded chicken leg Celestine consommé Rice pilaf French fries Carrot and celery dip Fruit bar Natural fruit juice or water 	 Meat pad thai Wonton soup Thai rice Thai vegetables Salad bar Fruit of the day Natural fruit juice or water 	 Fetuccini with meat in bolognese sauce Vegetable cream Baguette Capresse tomato Fruit of the day Natural fruit juice or water 	

EMBER EMBER

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In accordance with Resolution 3803 of 2016 issued by the Ministry of Social Protection, which regulates the Recommended Energy and Nutrient Intakes (RIEN), the Estimated Average Requirements are established to determine the appropriate proportion of nutrients in the school canteen lunch. This lunch represents approximately one third of the total daily nutrient requirements of the different groups in the school community. It is essential to stress the importance of supplementing with the other meals of the day.

